

Week 7 - The Point
Jul 30 - Aug 5, 2017



Sunday	Dinner	Burgers in the Courtyard! Chips, Watermelon, Capri-Sun
	Snack	Ice Cream Push Pops
Monday	Breakfast	Ham & Cheese Eggs, Plain Scrambled Eggs, Hash Browns, Mini Blueberry Muffins, Fruit, Yogurt, Cereal
	Lunch	Soft Shell Tacos, Seasoned Beef, Lettuce/Cheese, Tomatoes/Olives, Spanish Rice, Homemade Salsa, Chocolate Chip Bars
	Dinner	Chicken Strips, Mashed Potatoes, Gravy, Corn, Biscuits, Honey, Salad Bar, Jonny Pops
Tuesday	Breakfast	Pancakes, Sausage Links, Hard Boiled Eggs, Maple Syrup, Fruit, Yogurt, Cereal
	Lunch	Pulled Pork, Kettle Chips, Baked Beans, Creamy Coleslaw, Fresh Veggies & Ranch, Jello Cups
	Dinner	Swedish Meatballs, Buttered Noodles, Green Beans, Homemade Bread, Salad Bar, Brownies
Wednesday	Breakfast	Continental Breakfast, Donuts, Cereal Bars, Milk Cartons, Juice Cups, Bananas
	Lunch	Hot Dogs/Brats on the Grill, Macaroni & Cheese, Salad Bar, Watermelon
	Dinner	Pizza, Salad Bar, Ice Cream Cups
Thursday	Breakfast	Bacon & Cheese Scrambled Eggs, Bagels, Jelly & Cream Cheese, O'brien Potatoes, Fruit, Yogurt, Cereal
	Lunch	Chicken Patties, Potato Wedges, Fresh Veggies & Ranch, Rice Krispy Bars
	Dinner	Oven Roast Turkey, Stuffing, Sweet Potatoes, Dinner Rolls, Salad Bar, Apple Crisp
Friday	Breakfast	French Toast Sticks, Sausage, Syrup Cups, Fruit, Yogurt, Cereal
	Lunch	Sub Sandwiches, Deli Meat, Cheese, Fresh Veggies, Pita Chips, Hummus, Pasta Salad, Carnival Cookies
	Dinner	Totchos! Tater Tots, Beef/Beans, Salsa, Sour Cream, Onions, Olives, Jalapeños, Queso, Cupcakes
Saturday	Breakfast	Continental Breakfast, Cinnamon Rolls, Oatmeal, Cereal, Hard Boiled Eggs, Fruit & yogurt

Trout Lake Camps kitchen staff members are accustomed to serving campers with special diets and we do everything in our power to provide safe and tasty alternatives. Gluten/dairy free alternatives are always available to our campers on our alternative serving line during meals as well as vegetarian options. Our kitchens are free of peanut and tree nut products. We provide rice and soy milk in our dining room beverage stations. Campers can bring a few personal food items with them if it is necessary and store them in our guest cupboard or refrigerator located in easily accessible areas in the dining halls (labeled with name and dates). If you have any questions regarding special diet needs, please email kmiller@TroutCamps.org.